

**Email Newsletter Sign-up**

To add your email address to the distribution list, visit www.rockvillemd.gov/swimcenter, click the ALERTS / NOTIFY ME button enter your email and click the envelope next to Swim Center.

ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

Winter-Spring 2016 Recreational Swim and Fitness Center Schedule (Effective 1/4/16)

POOLS

	<u>North Pool</u>	<u>South Pool</u>
Monday	6:00 – 8:20 a.m. 11:00 – 2:00 p.m. 5:00 – 9:00 p.m. <i>ramp closed until 5:15 pm</i>	7:30 – 9:00 a.m. 12:00 – 3:00 p.m.
Tuesday	6:00 – 8:20 a.m. 11:00 – 4:30 p.m. 6:00 – 9:00 p.m. <i>ramp closed until 6:15 pm</i>	7:30 – 11:00 a.m. (<i>TWO LANES lap swim ONLY from 10:15 -11 am</i>) 12:00 – 2:00 p.m.
Wednesday	6:00 – 8:20 a.m. 11:00 – 2:00 p.m. 5:00 – 9:00 p.m. <i>ramp closed until 5:15 pm</i>	7:30 – 9:00 a.m. 12:00 – 3:00 p.m.
Thursday	6:00 – 8:20 a.m. 11:00 – 4:30 p.m. 6:00 – 9:00 p.m. <i>ramp closed until 6:15 pm</i>	7:30 – 11:00 a.m. (<i>TWO LANES lap swim ONLY from 10:15 -11 am</i>) 12:00 – 2:00 p.m.
Friday	6:00 – 8:20 a.m. 11:00 – 3:30 p.m. 5:00 – 9:00 p.m. <i>ramp closed until 5:15 pm</i>	7:30 – 9:00 a.m. 12:00 – 2:00 p.m.
Saturday	6:00 – 7:30 a.m. 12:00 – 9:00 p.m.	10:30 – 4:00 p.m. (<i>TWO LANES lap swim ONLY from 10:30 -11:15 am</i>)
Sunday	11:00 – 9:00 p.m. <i>ramp and 1st lane closed until 12:45pm</i>	1:00 – 4:00 p.m.

Fitness Room, Saunas, and Spa Hours

Monday through Saturday:

6:00 a.m. – 9:00 p.m. (*Spa closes at 7pm on Sat*)

Sunday:

9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and under) during swimming lessons.